

Elemental Essentials

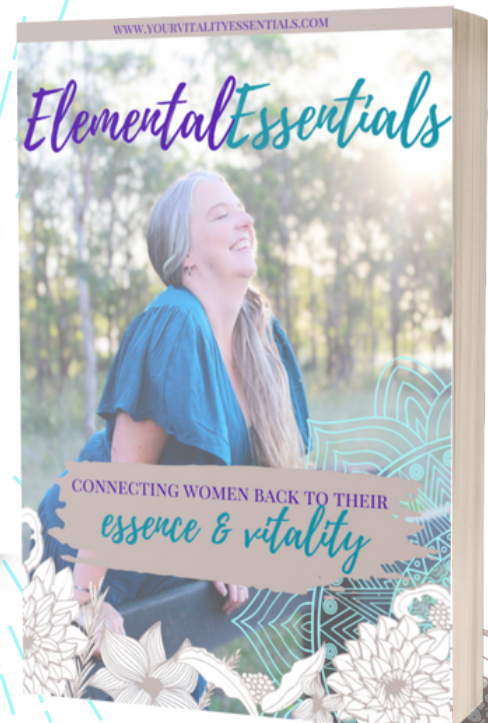
CONNECTING WOMEN BACK TO THEIR

essence & vitality

hey beautiful,

My name is Michelle and I am so happy you have landed here. I hope you have had a chance to listen to the meditation that accompanies this e-book. If not you can find the link on the next page.

I am a nature spirit at heart and my mojo comes from the great outdoors. Beach or bush or somewhere in between I have a strong connection to the subtle energies of mother earth and her ability to nourish and sustain us all. I love creating easy rituals into my everyday routine to create more joy and vitality in my life. I have a longing for more connection and community in my life and come alive when women come together in circle to fill their cup and find sustenance and connection in the feminine collective.



download the meditation



[CLICK HERE](#)





The element of Earth is associated with being grounded and stable. Providing us with solid foundations, security and fertile lands for food, nourishment and shelter. The element of earth provides us with the physical space for us to inhabit and resilience for our physical body.

Essential oils that are harvested from woods, barks and roots have a strong association with the element of earth.

TREES

- ARBORVITAE
- CEDARWOOD
- HAWAIIAN SANDALWOOD

BARKS

- CINNAMON BARK
- CASSIA

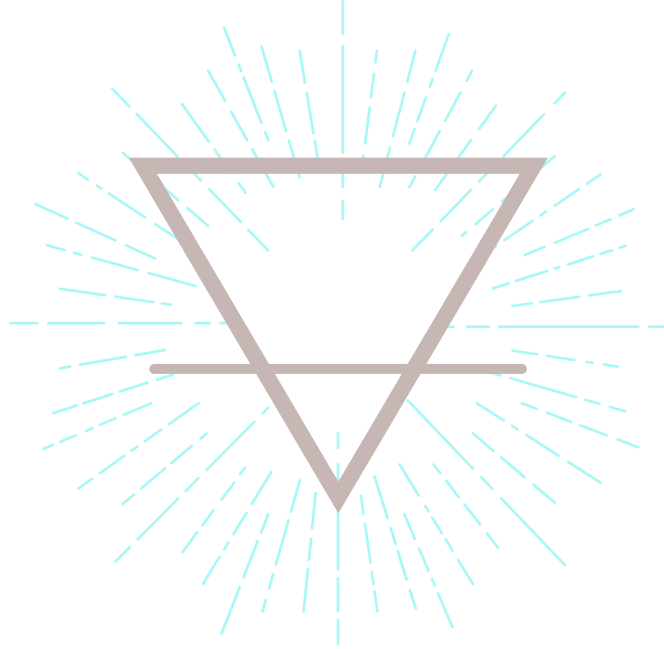
ROOTS

- SPIKENARD
- VETIVER

RHIZOMES

- GINGER
- TURMERIC





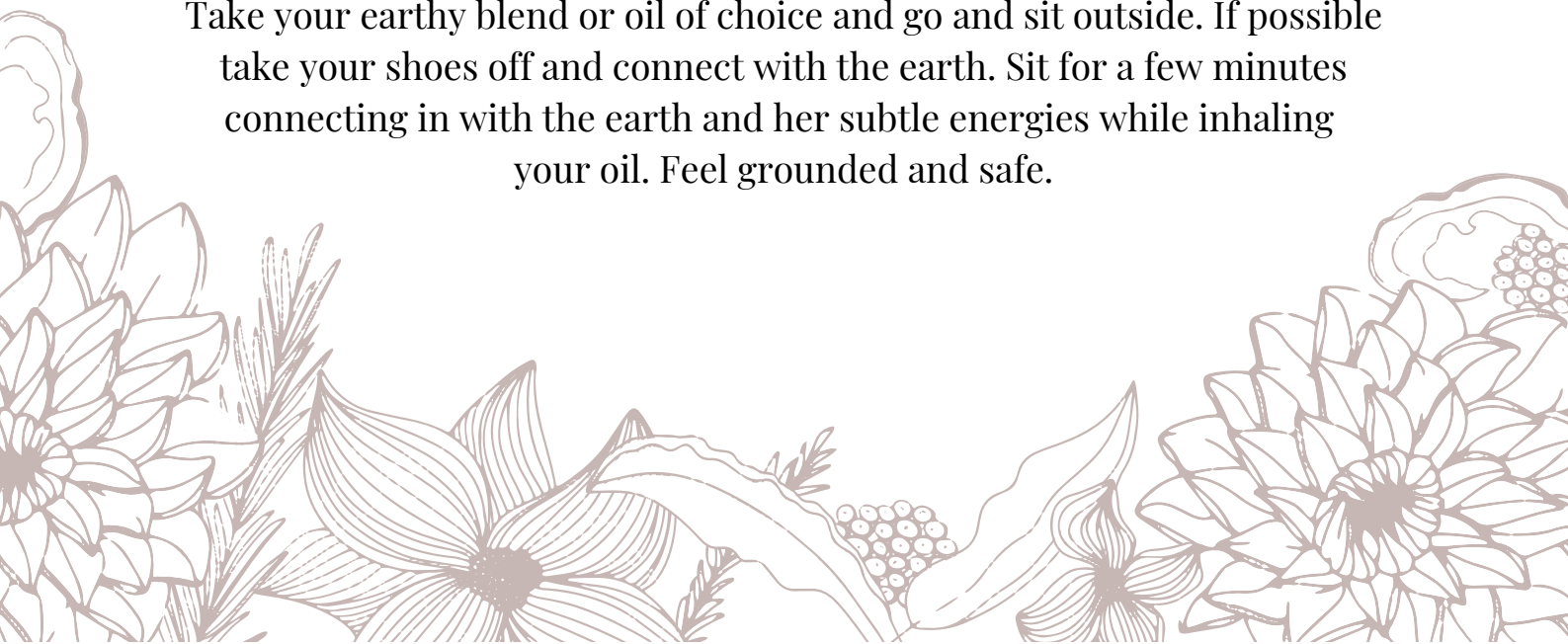
essential oil blend

3 drops Ginger (Empowerment)
2 drops Cinnamon Bark (Sexual Harmony)
1 drop Arborvitae (Divine Grace)
1 drop Sandalwood (Sacred Devotion)

Pop this beautiful earthy blend in the diffuser or
drop into a 15ml roller bottle and top with
Fractionated Coconut Oil
or carrier oil of your choice.

mindful moment

Take your earthy blend or oil of choice and go and sit outside. If possible
take your shoes off and connect with the earth. Sit for a few minutes
connecting in with the earth and her subtle energies while inhaling
your oil. Feel grounded and safe.





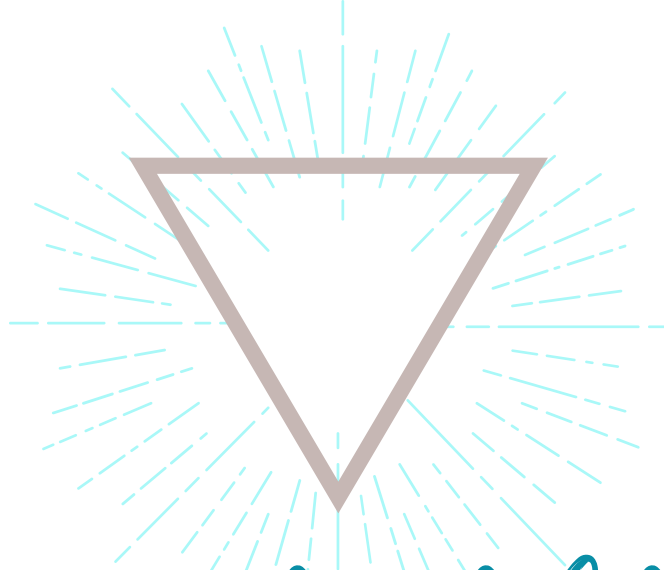
The element of Water is life giving. When we drink water it provides us with hydration, when we bath in water it cleanses us, and when it rains, provides our crops and food with much needed water to grow and flourish. We also contain the element of water within ourselves with our body being mostly made of water. Associated with our emotions and perception the element of water allows us to explore our emotional depths and learn to trust our intuition.

Flower oils are strongly associated with the element of water.

FLORALS

- BLUE TANSY
- CLARY SAGE
 - CLOVE
- GERANIUM
- HELICHRYSUM
 - JASMINE
 - LAVENDER
 - MAGNOLIA
 - NEROLI
- OSMANTHUS
- ROMAN CHAMOMILE
 - ROSE
- YLANG YLANG





essential oil blend

2 drops Geranium (Love and trust)
2 drops Ylang Ylang (Inner Child)
1 drop Blue Tansy (Inspired Action)
1 drop Clary Sage (Clarity and Vision)
1 drop Helichrysum (For Pain)

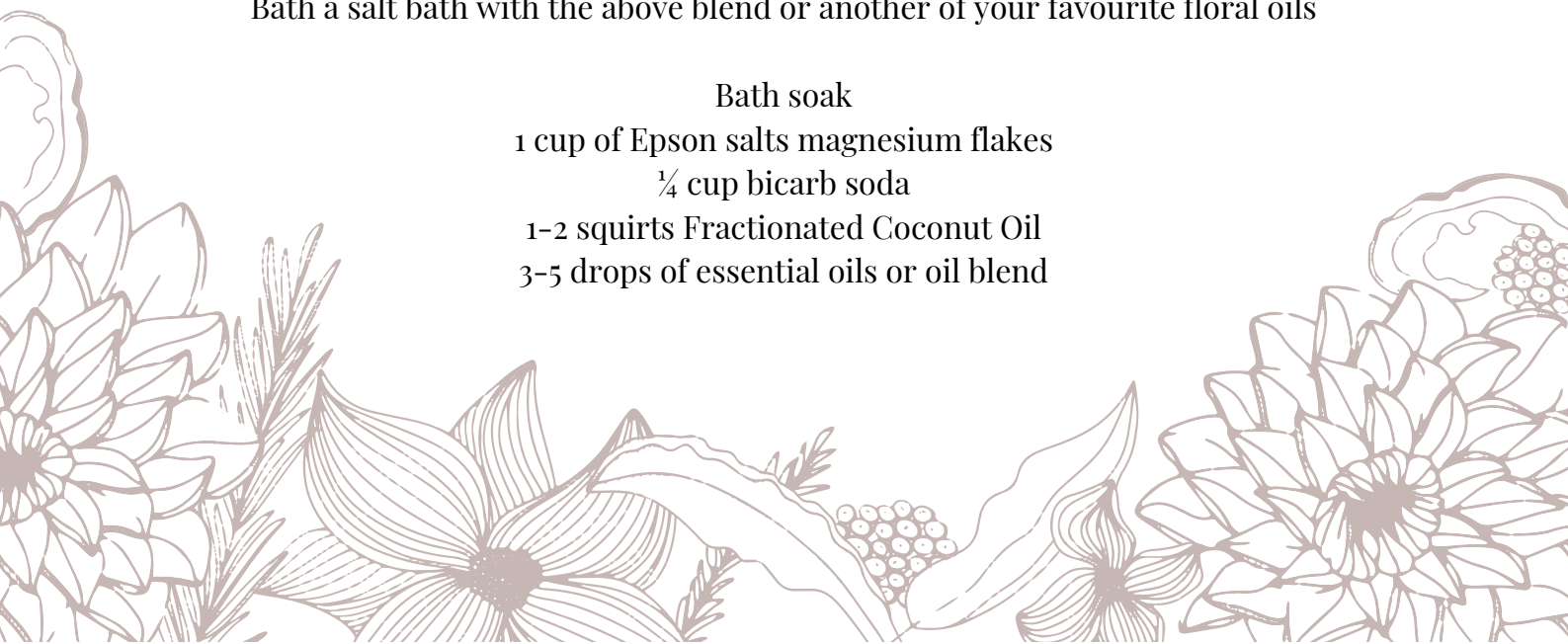
Pop this nourishing blend in the diffuser or drop into a 15ml roller bottle and top with Fractionated Coconut Oil or carrier oil of your choice.

mindful moment

Bath a salt bath with the above blend or another of your favourite floral oils

Bath soak

1 cup of Epson salts magnesium flakes
 $\frac{1}{4}$ cup bicarb soda
1-2 squirts Fractionated Coconut Oil
3-5 drops of essential oils or oil blend





The element of Fire is both creative and destructive, giving new life and taking it away in a balanced duality of life. Fire fuels our creativity, motivation, passion and will power. We use fire to warm our homes, cook our food, keep us warm and light the way on a dark night.

Fruit and Berry oils are associated with the element of Fire.

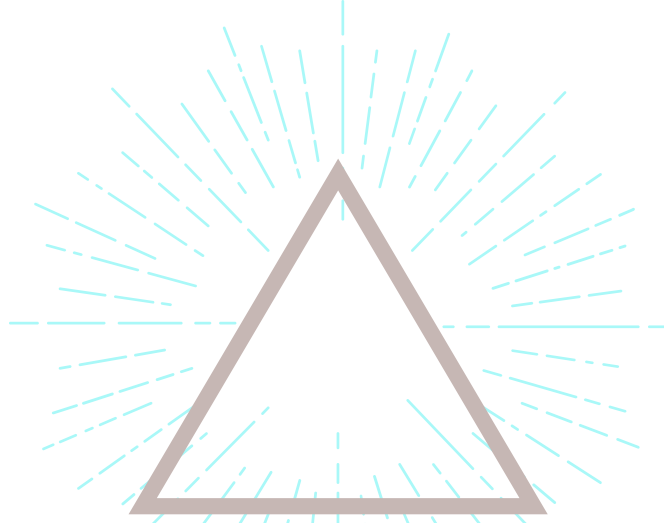
FRUIT OILS

- BERGAMOT
- CLEMENTINE
- GRAPEFRUIT
- GREEN MANDARIN
 - KUMQUAT
 - LEMON
 - LITSEA
 - LIME
 - MANDARIN
- RED MANDARIN
 - TANGERINE
- WHITE GRAPEFRUIT
 - WILD ORANGE
- YELLOW MANDARIN

BERRY OILS

- BLACK PEPPER
- JUNIPER BERRY
- PINK PEPPER





essential oil blend

2 drops Grapefruit (Honouring the body)
2 drops Green Mandarin (Pure Potential)
2 drops Juniper Berry (Night)
2 drops Black Pepper (Unmasking)

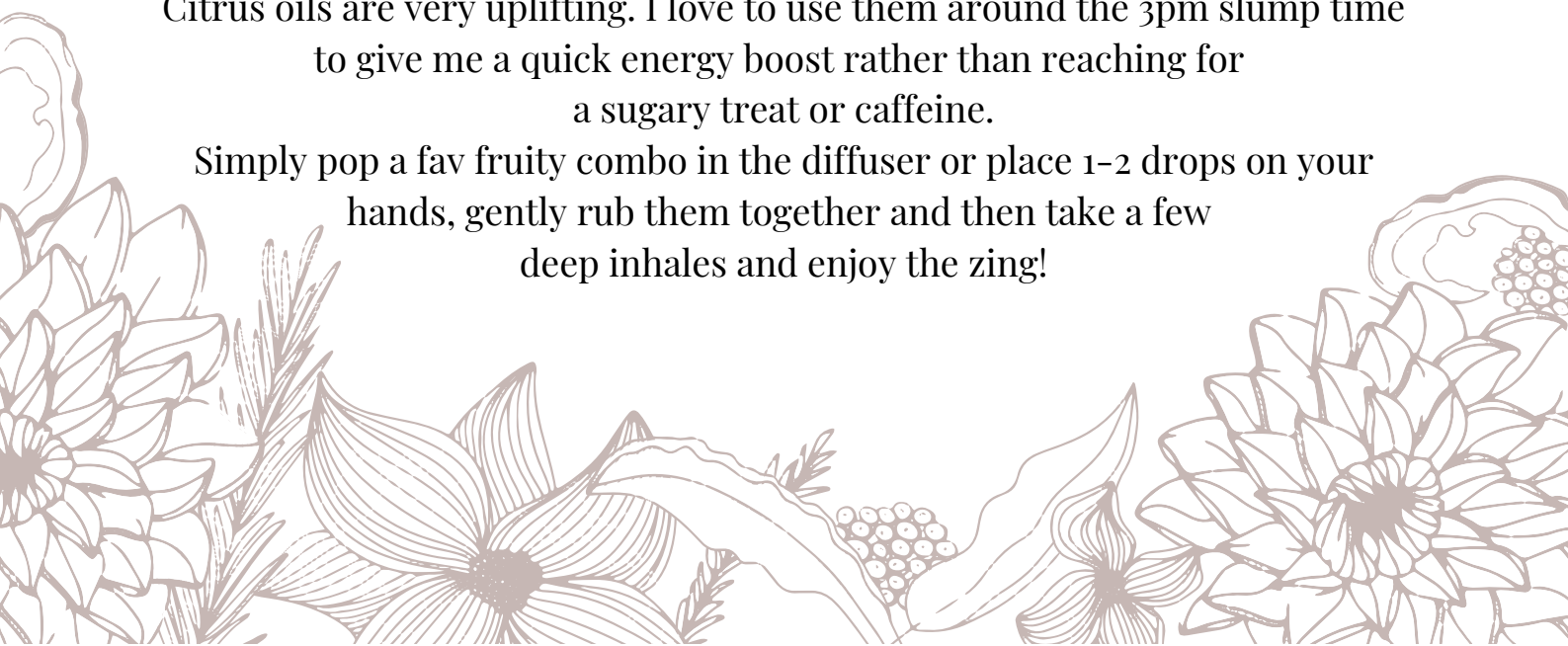
Pop this yummy blend in the diffuser or drop into a 15ml roller bottle and top with Fractionated Coconut Oil or carrier oil of your choice.

Top Tip: Most citrus oils are photosensitive which means that they react in the sun. Please make sure that if you apply citrus oils to the skin that you do not exposure your skin to the sun for 12 hours. If I am applying them to the skin I do it at night or on areas of the body not exposed to the sun.

mindful moment

Citrus oils are very uplifting. I love to use them around the 3pm slump time to give me a quick energy boost rather than reaching for a sugary treat or caffeine.

Simply pop a fav fruity combo in the diffuser or place 1-2 drops on your hands, gently rub them together and then take a few deep inhales and enjoy the zing!





The element of Air is vital for our survival as it fills our lungs and gives our body the oxygen required for all processes in the body. Associated with our mental powers of intellect and imagination air provides us with inspiration knowledge and dreams.

Oils harvested from leaves and herbs are strongly associated with the element of air

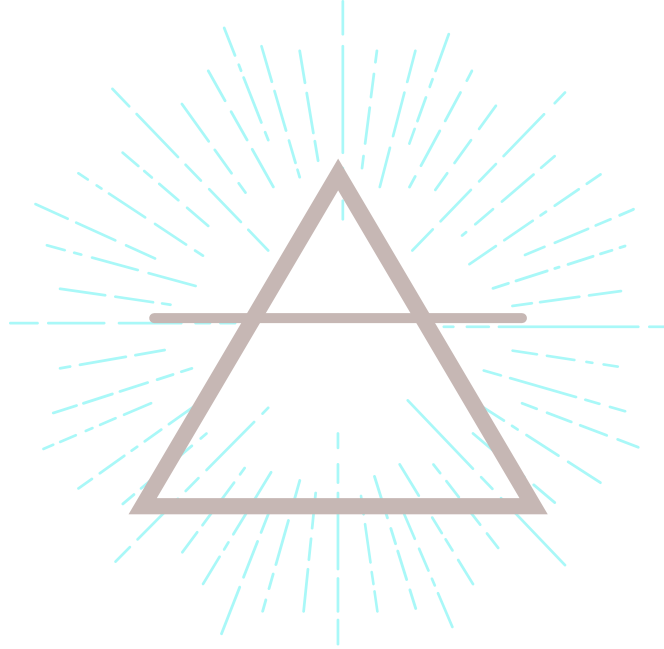
SMALL LEAF ESSENTIAL OILS

- BASIL
- CILANTRO LEAF
- CITRONELLA
- LEMON MYRTLE
- LEMONGRASS
- MANUKA
- MARJORAM
- MELISSA
- OREGANO
- PATCHOULI
- PEPPERMINT
- ROSEMARY
- SPEARMINT
- TEA TREE
- THYME
- WINTERGREEN

BIG LEAF ESSENTIAL OILS

- BLACK SPRUCE
- CYPRESS
- DOUGLAS FIR
- EUCALYPTUS
- LEMON SCENTED EUCALYPTUS
- PETITGRAIN
- RAVENSARA
- SIBERIAN FIR
- WINTERGREEN





essential oil blend

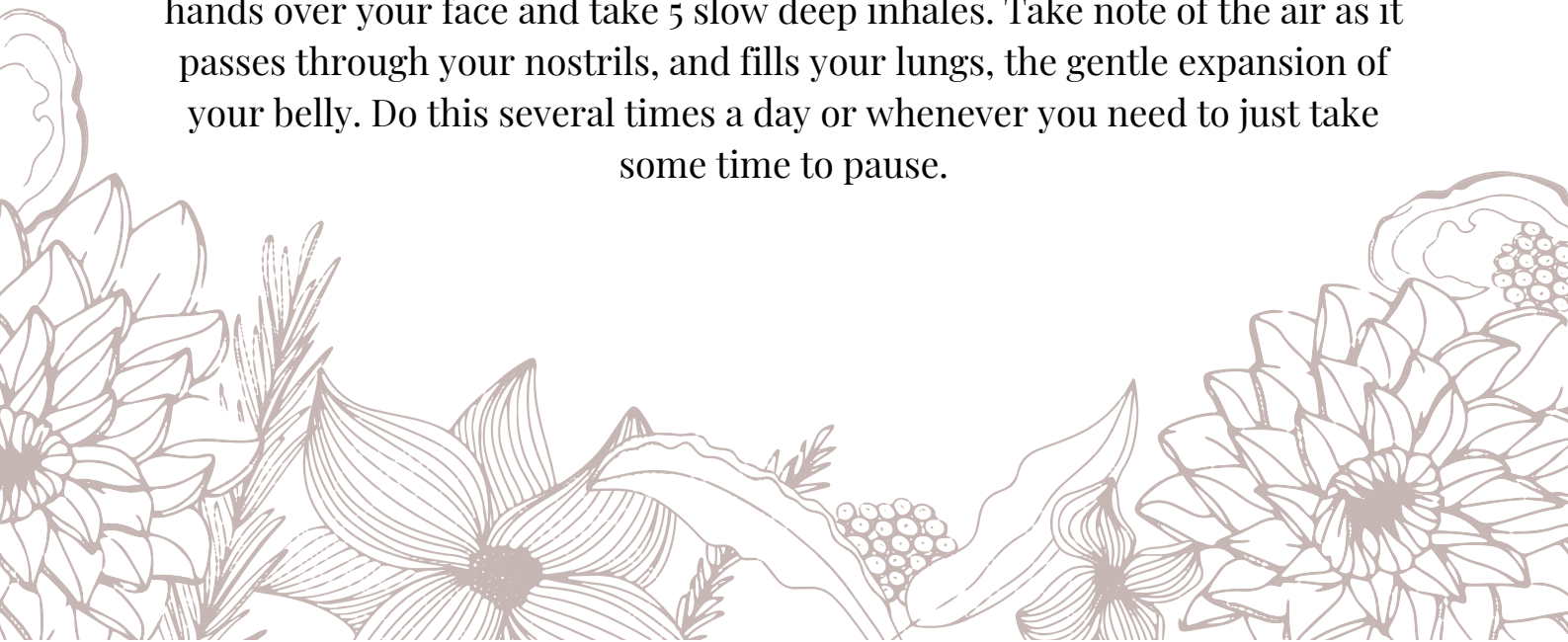
2 drops Black Spruce (Stability)
2 drops Douglas Fir (Generational Wisdom)
2 drops Palmarosa (Emotional Strength)
1 drop Lemon Myrtle (Clarifying)

Pop this leafy blend in the diffuser or drop it into a 15ml roller bottle and top with Fractionated Coconut Oil or carrier oil of your choice.

mindful moment

Take a mindful pause during the day. Grab your oil blend and just stop.....

Place 2-3 drops onto your hand, rub them together and then cup your hands over your face and take 5 slow deep inhales. Take note of the air as it passes through your nostrils, and fills your lungs, the gentle expansion of your belly. Do this several times a day or whenever you need to just take some time to pause.





Akasha is known as the 5th element or mother of the elements and is formless in state. Its energy, which extends everywhere throughout the universe, has not yet achieved form and substance.

It's the primal source of energy that creates and fuels the elements.

Akasha oils come from the resins and seeds of trees and plants.

SEEDS AND RESINS

- CARDAMOM
- COPAIBA
- CORIANDER SEED
- CUMIN
- FENNEL
- FRANKINCENSE
- MYRRH
- STAR ANISE
- VANILLA





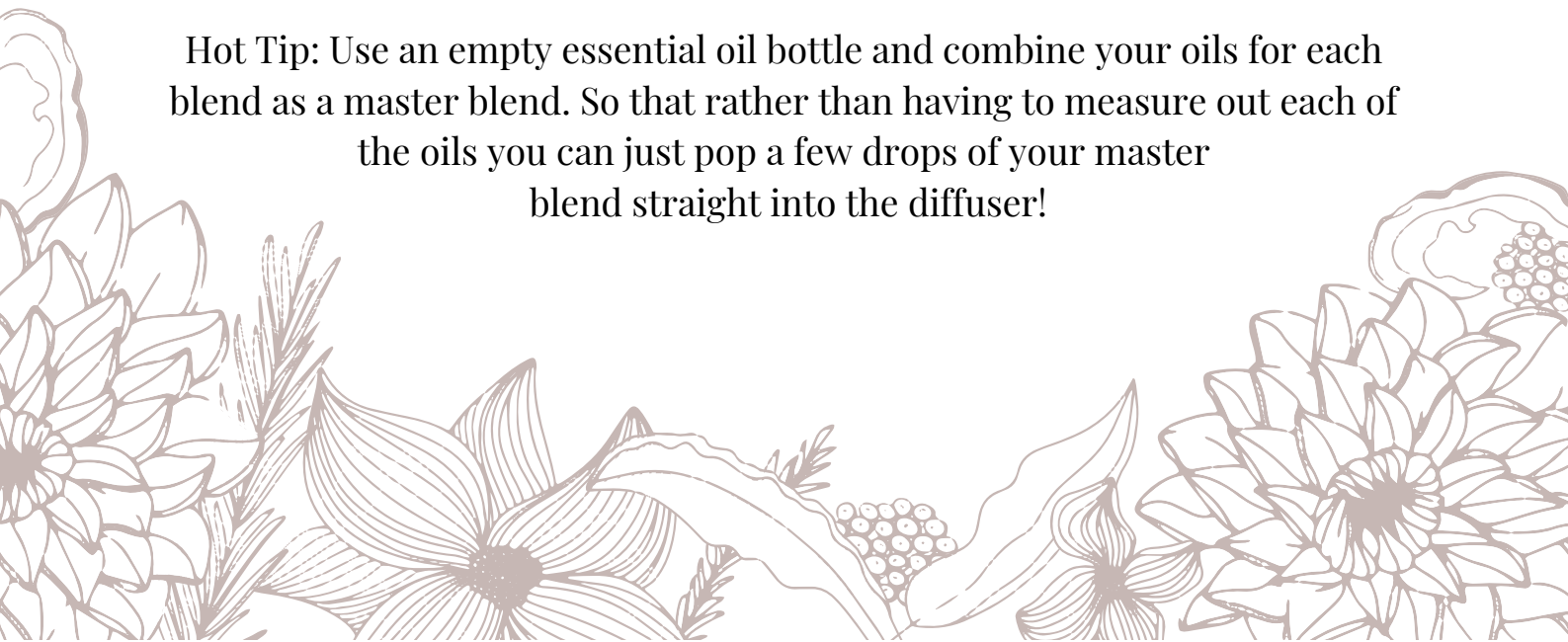
essential oil blend

drops Frankincense (Truth)
2 drops Copaiba (Unveiling)
2 drops Cardamon (Objectivity)

mindful moment

Use your Akasha blend as an aromatic dressing. Simply pop 3-5 drops of your blend into 10ml of Fractionated Carrier Oil into a dish and then lovingly anoint your whole body with this nourishing blend. Great to do after your morning shower or as part of your bedtime routine.

Hot Tip: Use an empty essential oil bottle and combine your oils for each blend as a master blend. So that rather than having to measure out each of the oils you can just pop a few drops of your master blend straight into the diffuser!



About Michelle



Michelle is a qualified aromaZen facilitator and meditation guide who combines meditation and mindfulness practises with aroma, sound and movement practices to promote relaxation and rejuvenation of mind body and soul.

She is also an Alexx Stuart Low Tox Method Mentor and loves nothing more than some DIY-ing to create beauty and cleaning products to reduce toxins in the home and body.

When not mixing potions and lotions she is curled up in a shady spot in her garden with her nose in a book or hanging out with her partner Ray and their fur babies Luna and Ava at the beach or hiking along a bush track.

Lets Connect

